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MINDING YOUR BODY 2004



Dr. Miriam Mazure-Mitchell, N.D.

"Different people respond to different things. If something doesn't work, it doesn't mean it won't work for others."

- DR. MIRIAM MAZURE-MITCHELL, N.D.

But Does it Work?

In his 30 years here in Eugene, Scarola has experimented with several of these options: During about a 13-year vegetarian stretch, he tweaked his diet to try and manage the allergy symptoms. Within those veggie years he "cut out dairy for

four years and all cooked wheat products for a year and a half," all to no avail (though, as shown in last summer's get-together, dietary experimentation taught him that something in grains, particularly grains used in beer making, seems to exacerbate his symptoms). He chewed honeycomb and dosed himself for six months before allergy season with a tablespoon of local honey, the idea being that eating honey made from local pollen would help build up resistance to those pollens (similar in theory to immunotherapy). He has done acupuncture, herbal remedies, supplements and teas, but with no luck.

In recent years, Scarola has resorted to the more mainstream methods of treatment, including five years of allergy shots and prescriptions of the non-drowsy antihistamines (i.e., Claritin, Allegra, etc.). While nothing has provided complete relief, he has noticed degrees of improvement — decreased congestion, being able to sleep in a reclining position, less irritated, goopy eyes. Rebecca says, "The allergy shots seemed to make the most difference," though the intensity of the shots schedule proved to be impractical for Scarola. Prescription antihistamines have become his treatment of choice.

But as Dr. Mazure-Mitchell says, "Different people respond to different things. If something doesn't work, it doesn't mean it won't work for others." And also, she adds, "If something doesn't work, there's always something else you can try." **EW**

Everyone's an athlete — some of us are just more active than others.

Dr. Trek Lyons is Orthopedic Healthcare Northwest's first non-surgical musculoskeletal and sports medicine specialist. He concentrates on evaluating orthopedic injuries to determine the best course of treatment — from exercise to surgery. He works with each patient's primary care physician to coordinate care.

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Dr. Lyons welcomes new patients in Eugene and Springfield.

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